



Dr. Shore Dermatology

Dermatology - Cosmetics - Excellence

SculpSure Post-Treatment Instructions

Congratulations on your SculpSure treatment!

For maximum results, please follow these guidelines.

- Gently massage the area once a day for 5-10 minutes. Massage should be continued until your next treatment or for 2 weeks if you have only one treatment.
- Staying well hydrated and engaging in light physical activity helps mobilize the disrupted fat for processing through the lymphatic system. We encourage you to drink at least 6-8 glasses of water a day and take a daily walk or continue your regular exercise routine.
- You may experience mildly pink or red skin, tenderness or discomfort, swelling, tissue firmness, or nodules in the treated areas. These are all expected side effects that usually resolve within a few weeks.
- Tenderness may occur as early as the day of treatment and can last up to two weeks.
- If needed, use a cold compress and/or acetaminophen to help relieve tenderness.
- You may resume your normal daily activities, including exercise, immediately after your SculpSure treatment.
- Don't take anti-inflammatory medications like (Ibuprofen, Advil, Alive, or Motrin) 5 days prior to treatment and 5 days after treatment. **Use Only Tylenol.**
- Contact your physician if you have any concerns about your treatment areas such as increasing tenderness or swelling several days after your treatment, or if you develop blisters, hardened areas, or nodules.

Your next appointment is scheduled for: _____